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Ag 84 F2
U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

PLENTY OF POTATOES

They Are A Splendid Food.

Excellent For Your Body.

Delicious When Well Cooked.

WHAT THEY DO FOR YOUR BODY.

They are good fuel. They furnish starch which burns in your muscles to let you work, much as the gasoline burns in an automobile engine to make the car go.

One medium-sized potato gives you as much starch as two slices of bread. When you have potatoes for a meal you need less bread. Potatoes can save wheat.

They give you salts like other vegetables. You need the salts to build and renew all the parts of your body and to keep it in order.

POTATOES AT THEIR BEST.

An old king is said to have tested each cook before hiring him by asking him to boil a potato. Even the best potato can be spoiled by a poor cook.



TO BOIL THEM so that they will be "fit for a king," drop the unpeeled potatoes into boiling salted water and cook 20 to 30 minutes. Drain the water off at once. If they are cooked too long or allowed to stand in the water they get soggy.

If you peel the potatoes before cooking them you will waste time and potatoes both. You may throw away a sixth or even a quarter of the good part of the potato with the skins. Also, if the potatoes aren't covered up by the skins while cooking, some of the valuable material will soak out into the water. Even very small potatoes can be economically used, if they are boiled in their skins.

FOR BEST MASHED POTATOES. Peel the boiled potatoes, mash and beat until very light, adding salt, butter or oleomargarine and hot milk, a half cup of milk to six potatoes. If dinner is not ready to serve, pile lightly in a pan and set in the oven to brown.

POTATOES ARE GOOD IN BREADS. Get Farmers' Bulletin No. 807, "Bread and Bread Making in the Home," from the Department of Agriculture, Washington, D. C., to learn how to make potato yeast bread.

POTATO CORN-MEAL MUFFINS.

2 tablespoons fat.	1 cup mashed potatoes.
1 tablespoon sugar.	1 cup corn meal.
1 egg, well beaten.	4 teaspoons baking powder.
1 cup milk.	1 teaspoon salt.

Mix in order given. Bake 40 minutes in hot oven. This makes 12 muffins. They are delicious.

POTATOES ARE GOOD IN CAKE. They are often used in this way to keep the cake from drying out quickly. Mash the potatoes and beat up with milk until very light. You can use your usual cake recipe, substituting one cup of mashed potatoes for one-half cup of milk and one-half cup of flour.

POTATOES FOR YOUR MAIN DISH.

Potatoes, left over or fresh, may be combined with cheese or nuts or meat or other material, often to make the main dish of a meal.

POTATO SAUSAGES.

1 cup mashed potatoes.	1½ teaspoons salt.
1 cup ground nuts, fish or meat.	⅛ teaspoon pepper.
1 egg, well beaten.	Salt pork, bacon or other fat.

Mix the mashed potatoes and seasonings with the ground nuts, fish or meat. Add beaten egg. Form into little cakes or sausages, roll in flour and place in greased pan with a small piece of fat or salt pork on each sausage. Bake in a fairly hot oven until brown.

SCALLOPED POTATOES AND CHEESE.

Arrange a layer of sliced raw or boiled potatoes in greased baking dish and sprinkle with grated cheese and a little flour. Repeat until dish is nearly full. Pour milk over the whole, about one-half cup to every three potatoes. Skim milk is good. Bake in a moderate oven until done. The length of time required depends upon whether the potatoes are raw or boiled and whether the baking dish used is deep or shallow. Boiled potatoes baked in a shallow dish will take only 20 minutes. Raw potatoes in a deep dish may take as much as 1½ hours.

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A SHEPHERD'S PIE.

Grease a baking dish; cover the bottom with mashed potatoes. Add a layer of cooked minced meat or fish, seasoned well and mixed with meat stock or gravy. Cover with mashed potatoes. Bake long enough to heat through—20 to 30 minutes.

UNITED STATES FOOD LEAFLETS.

Have you received the leaflets that have gone before this one? They will help you give your family the right sort of food for the least money. The other leaflets are called:

1. Start the Day Right With A Good Breakfast.
2. Do You Know Corn Meal?
3. A Whole Dinner in One Dish.
4. Choose Your Food Wisely.
5. Make A Little Meat Go A Long Way.
6. Do You Know Oatmeal?
7. Food For Your Children.
8. Instead of Meat.
9. Vegetables For Winter.

SEND FOR THESE LEAFLETS—TELL YOUR
NEIGHBORS ABOUT THEM.

United States Food Leaflet No. 10.

